

## **EMDR and Training: Our Values**

As EMDR trainers, facilitators and consultants we believe that by providing you with a rigorous training, ample practice experiences and the best live consultation available, we will help you to be the best EMDR practitioner that you can be. Our staff is highly qualified, very experienced in both the practice and teaching of EMDR and is ready to prepare you to practice competently and confidently.

### **Inclusion:**

We are committed to providing a safe, healing and equitable community for all who engage in the practice of EMDR and EMDR and Training. We denounce the systemic culture of violence and oppression against any group but especially against those who have been most targeted including People of Color, the LGBTQ community, disabled persons and women. As EMDR professionals, we acknowledge that racism and prejudice is embedded not only in our criminal justice system and healthcare, but in many individual's personal experience.

The various fields of psychotherapy, including EMDR, have primarily been shaped by white practitioners responding to the needs of white clients and students. Because we know that "inclusive rhetoric" is insufficient, our staff is committed to engaging in ongoing discussion to help us create trainings where every trainee feels included and valued. We continue to actively recruit diverse staff members and are committed to having a diverse staff as well as more diversity among EMDR therapists as highly valued goals.

### **Transparency:**

We value open conversation. We may not always get it right and we have made some mistakes along the way, but we are committed to racial justice and inclusion. We're a small team of people who are passionate about teaching EMDR and about helping therapists use EMDR and we want to get it right. Please let us know if you have concerns. We will listen.